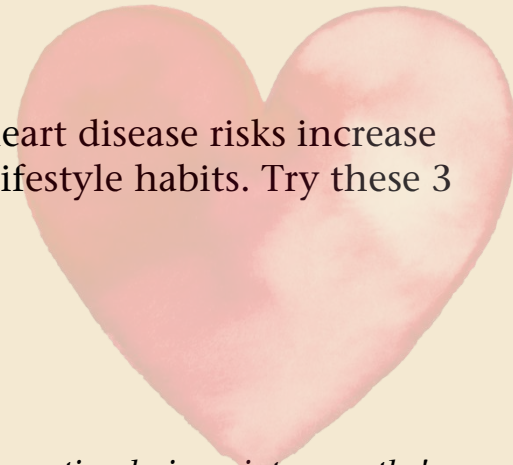


Focus on Wellness

Heart Health Tips

Heart disease is a major threat to our health. Although heart disease risks increase with age, it doesn't have to be inevitable with the right lifestyle habits. Try these 3 tips as we celebrate Heart Health month this February:



- 1) Follow a heart-healthy diet
- 2) Get to a healthy weight
- 3) Get and stay active

Check your activity calendar for presentations on these topics and to stay active during winter months!



Dimensions
of Wellness

Resident Birthdays

February

Anna Walchonski
 Pat Peeples
 Josephine McCloskey
 James Riviello
 Helena Winn
 Mary Balestra

March

Joyce Burkey
 Josephine Adams
 Marianne Sergio
 Margot Crain
 Ann Kempter



Providence Place SENIOR LIVING News

Q1: February 2023

A Note from the Executive Director

Happy New Year! It has been a fantastic holiday season full of celebration and activity here in Collegeville. It was a joy to watch our residents and coworkers gathering with happiness. A special thank you to residents and families for the abundance of treats brought in over the holidays.

As we welcome the New Year, I also reflect and learn from 2022. We have made much progress, including completion of the secondary flood wall and our Connections Club kick off. The focus for 2023 is to continue providing phenomenal care to our residents and also using the resident satisfaction survey to continue to make improvements that are important to you.

As always, I am available anytime for discussions, not just once a year on a survey. I welcome your comments, concerns, and suggestions. We truly want to make a difference in the lives of our residents, families, and coworkers.

I wish you the best of luck, love, happiness, and success in the New Year.

Warmly,

Terri Sanelli

Executive Director

Highlighted Events

- 2 – **Lunch Outing:** Paladar Latin Kitchen & Rum Bar @ 10am
- 3 – **Fred Astaire Ballroom Dancers** @ 1pm
- 10 – **Musical Entertainment** @ 3:30pm
Courtney Coletti
- 16 – **Bach's Lunch at Community Music School** @ 10:30am
- 21 – **Mardi Gras Murder Mystery** @ 6-8pm – *Families Welcome!*
- 26 – **Flamenco Dancers** @ 2pm
- 28 – **Spanish Luncheon** @ 11:30am – 1pm

Welcome New Residents

John "Jack" H.
 Cheney R.
 Valia K.



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at www.Facebook.com/ProvPlace.



To sign up to receive this quarterly newsletter and monthly events calendar via email, please contact us to subscribe at ProvidenceRetirement@gmail.com.



www.Providence-Place.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 iN2L Tour of Spain: Barcelona, Madrid, Seville, Basilica de la Sagrada Familia (P) 1:30 <i>Look Who's Dancing</i> Dancercise (C) 2:30 Balloon Volleyball (P) 6:00 Res. Run Billiards (OL)	2 9:45 Catholic Communion St. Eleanor (T) 10:00 Diners Caravan Lunch Out: Paladar Latin Kitchen & Rum Bar*** (OOB) 10:30 Sit and Be Fit (P) 1:30 Activities Planning Cmte Mtg (AR) 2:30 Armchair Travels: <i>Ferdinand the Bull & Bullfighting</i> , Plaza de Toros de Valencia (T) 3:30 Karaoke Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	3 10:30 Sit and Be Fit (P) 11:00 Gin Rummy / Racko (P) 1:00 Bingo Bucks Bingo (AR) 1:00 Performance by Fred Astaire Dancers (P) 2:15 Balloon Volleyball (P) 3:30 Helping Hands: Mardi Gras Murder Mystery Prep (P) 6:00 Res. Run: Billiards (OL)	4 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 11:00 Baking It Easy: Spanish Chocolate Olive Oil Cake (AR) 1:00 Bingo in Beads (AR) 2:00 Aerobic Drumming (P) 3:30 Roulette Happy Hour (P) 6:15 Res. Run Dominoes (AR)	
5 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: <i>Mission Impossible 2</i> (T)	6 10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting of Hearts (CR) 4:00 Wii Bowling (CR) 6:00 Happy Hour (P)	7 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Boscov's*** (OOB) 11:00 Games at the Pub (P) 1:00 Stretching, Tai Chi & Guided Meditation (CR) 2:00 Circle of Friends (T) 2:15 Book Mobile (OS) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR) 6:00 Community Board Games (P)	8 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Community Crossword Puzzle (P) 1:00 Balloon Volleyball (CR) 2:00 Tea and Cookies (AR) 3:00 Thankful To You Committee (AR) 4:00 10 Best Places to Visit in Spain, Travel Video (T) 6:00 Res. Run Card Games (P)	9 9:45 Catholic Communion St. Eleanor (T) 10:00 Sit and Be Fit (P) 11:00 Community Crossword (P) 12:00 Lunch In: El Limon*** (P) 1:00 Balance In Action Class by Powerback Rehab (P) 2:00 Cooking Demonstration (AR) 3:30 Spanish Music Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	10 10:30 Sit and Be Fit (P) 11:00 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Helping Hands: Mardi Gras Murder Mystery Prep (P) 2:30 Balloon Volleyball (P) 3:30 Musical Entertainment featuring Courtney Coletti (P) 6:00 Res. Run: Billiards (OL)	11 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Spanish Apple Olive Oil Cake (AR) 1:00 Bingo in Hats (AR) 2:00 Book Club & Hot Chocolate (T) 3:00 Aromatherapy & Hand Massage (P) 3:30 Finish That Lyric Happy Hour (P) 6:15 Res. Run Dominoes (P)	
12 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Super Bowl Happy Hour (P)	13 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Ed-U Presentation: <i>Better Sleep Habits</i> by Nadine Chudoba, Hopeful Healing (CR) 4:00 Wii Bowling & Wii Sports (CR) 6:00 Movie: <i>Knight and Day</i> (T)	14 9:30 Sit and Be Fit (P) 10:00 Shopping Trip: Target*** (OOB) 11:00 Games in the Pub (P) 12:00 - 1:00 Valentine's Day Lunch with Entertainment by Patrice Hawthorne (DR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Valentine's Day Social (P) 6:15 Community Board Games (P) Valentine's Day	15 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 10:30 Rummikub (P) 1:30 <i>Look Who's Dancing</i> Dancercise (P) 2:00 Balloon Volleyball (P) 3:30 Ed-U: Traditions & Cultures in Spain International Living (T) 6:00 Res. Run Card Games (P)	16 10:00 Sit and Be Fit (P) 10:30 CMS Bach's Lunch & Show: Melinda Rice, Violin & Candace Lark, Harp (OOB) 1:00 Dinning Services Committee Meeting (AR) 2:00 Book Club: <i>The Judge's List</i> by John Grisham (T) 3:00 Catholic Mass St. Eleanor (T) 4:00 Crosswords, Word Searches & Coloring in the Pub (P) 6:00 Nighttime Nickel Bingo (AR)	17 10:30 Sit and Be Fit (P) 11:00 Rummikub / Racko (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Ed-U Presentation: <i>Staying Healthy & Healthy Habits</i> by Beth Pope, Powerback Rehab (T) 2:30 Balloon Volleyball (CR) 3:30 Helping Hands: Mardi Gras Murder Mystery Prep (P) 6:00 Res. Run: Billiards (OL)	18 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Spanish Almond Cake (AR) 11:00 Community Crossword (P) 1:00 Bingo (AR) 2:00 Book Club: <i>The Judge's List</i> by John Grisham and Sangria (T) 3:30 Roulette Happy Hour (P) 6:15 Res. Run Dominoes (AR)	
19 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko/Checkers/Scrabble (P) 3:00 Manicures (AR) 6:00 Movie: <i>Indiana Jones and the Last Crusade</i> (T)	20 10:00 Woofs of Wisdom with Harper (P) 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting (CR) 4:00 Wii Bowling (CR) 6:00 Presidents Day Happy Hour (P) President's Day	21 9:30 Sit and Be Fit (P) 10:00 Shopping: Dollar Store*** (OOB) 11:00 Games at the Pub (P) 1:00 Stretching, Tai Chi & Guided Meditation (CR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 4:00 Balloon Volleyball (CR) 6:00 - 8:00 Mardi Gras Murder Mystery (P)	22 9:30 Sit and Be Fit (P) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Artful Coloring to Music (P) 1:00 iN2L Spanish Sites and Holidays (P) 2:00 Spanish Games: Sapo & El Repollo (P) 3:00 Balloon Volleyball (P) 4:00 Happy Hour (P) 6:00 Res. Run Card Games (P)	23 9:45 Communion with St. Eleanor Catholic Church (T) 10:00 Sit and Be Fit (P) 10:30 Wii Bowling (CR) 10:30 Service in Action: Montgomery Co SPCA** (OOB) 1:00 Fireside Chat with Terri (AR) 2:00 Dance Short: <i>Flamenco at 5:15</i> (T) 3:30 Sangria Happy Hour (P) 6:00 Nighttime Nickel Bingo (AR)	24 10:30 Sit and Be Fit (P) 11:00 Knitting & Crocheting Club (P) 1:00 Bingo Bucks Bingo (AR) 2:00 Balloon Volleyball (P) 3:30 Book Club: <i>The Judge's List</i> by John Grisham (T) 6:00 Res. Run: Billiards (OL)	25 9:30 Central Synagogue Service (T) 10:00 Sit and Be Fit (P) 10:30 Baking It Easy: Empanadas (AR) 11:00 Community Crossword (P) 1:00 Bingo in Hats (AR) 2:00 Book Club: <i>The Judge's List</i> by John Grisham (T) 3:30 Victor Tarassov Flamenco Guitar (P) 4:00 Trivia Happy Hour (P) 6:15 Res. Run Dominoes (AR)	
26 10:30 Catholic Mass on Screen (T) 11:00 Sit and Be Fit (P) 1:00 Dominoes (AR) 2:00 Performance: Flamenco Dancers (P) 3:00 Games in the Pub (P): Racko/Checkers/Scrabble (P) 4:00 Manicures (AR) 6:00 Movie: <i>Butterfly</i> (T)	27 11:00 Sit and Be Fit (P) 1:00 Nickel Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:15 Creative Crafting (CR) 4:00 Wii Bowling & Other Wii Sports (CR) 6:00 Happy Hour (P)	28 9:30 Sit and Be Fit (P) 10:00 Shopping: Redner's*** (OOB) 11:00 Games at the Pub (P) 11:30-1 Spanish Luncheon with Sangria & Spanish Beer (DR) 1:00 Balloon Volleyball (CR) 2:00 Circle of Friends (T) 3:00 Aerobic Drumming (P) 6:15 Community Board Games (P)	<h1>February 2023</h1>			Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (AR) Activity Room (P) Pub, (C) Connections Neighborhood (DR) Dining Room, (OL) Old Lobby, (LIB) Library, (ML) Main Lobby, (OS) Outside, (T) Theater	